



NATIONAL SERVICE SCHEME

Report of the activity: World Heart Day (Activity) (Online)

Date : 27th to 29th September, 2021

The World Heart Federation have found that heart disease and strokes are the world's leading cause of death, killing 17.1 million people every year. Overeating, lack of exercise, unhealthy diets and high blood pressure, cholesterol and glucose levels, are all factors which can trigger heart disease and threaten our own lives, and those of loved ones. World Heart Day set up to drive home the message that heart problems can be prevented. This day is part of an international campaign to spread awareness about heart disease and stroke prevention.

Hence the NSS Unit of VPM's B.N.Bandodkar College of Science (Autonomous), Thane (W), had organized an activity in order to celebrate World Heart Day. This activity was of 3 days from 27th September to 29th September by online mode.

Volunteers took pictures and videos of while doing physical activities and exercises at their home. The activities are running, skipping, dancing, cycling, yoga, meditation, weight lifting, playing outdoor games, etc. The deadline to upload pictures was 29th September 2021. The pictures of the same were shared on social media to increase active participation in the future events. And sharing the photos on social media also accomplishes another important goal in encouraging more and more people towards physical activities.

Total 41 students participated in this activity among 24 were girls and 17 were boys. Among 41 participants, 37 were NSS volunteers in which 21 were girls and 14 were boys, volunteers.



**NSS UNIT OF
V. P. M'S B. N. BANDODKAR COLLEGE
OF SCIENCE (AUTONOMOUS), THANE
(WEST)**



**ORGANIZING
WORLD
HEART
DAY**

29th September

SPORTS

CYCLING

ACTIVITIES:-

Running

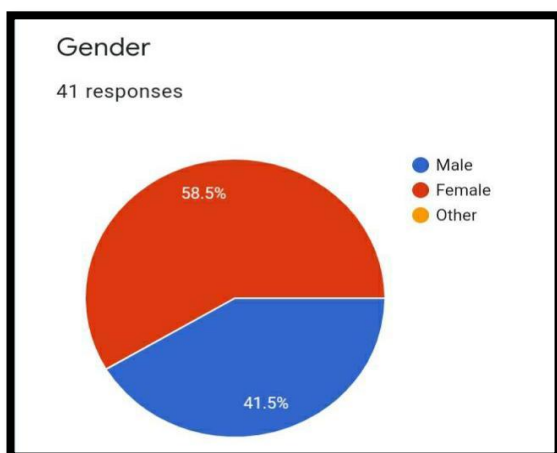
**This Is A College
Level Activity**

- Upload your photo and Short video of 15 to 20 seconds while performing any physical activity or sports.
- Quiz (link will be provided on 29th Sept)

Upload Your Photos Here:

[..Click Here..](#)





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